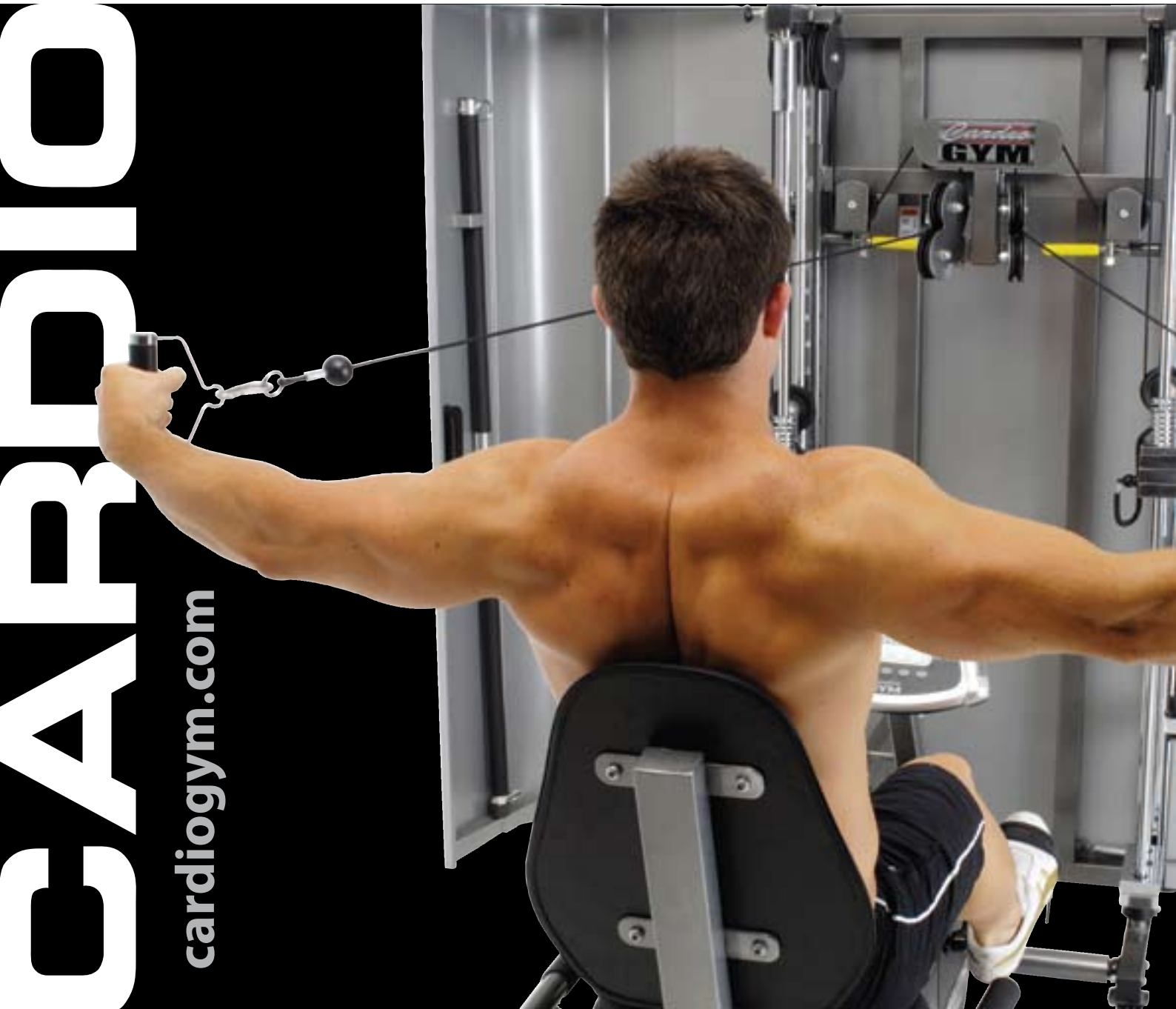
GYM

PRODUCT RANGE

CARDIO

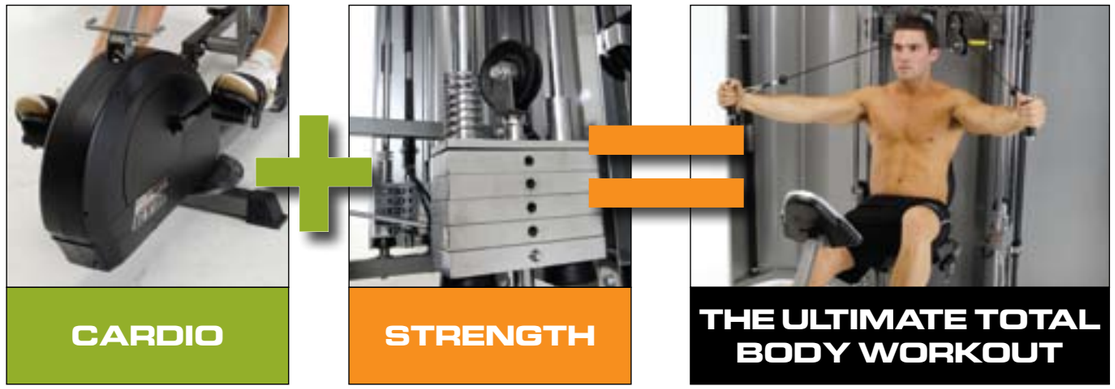
cardiogym.com



CARDIO GYM... ITS WHAT CUSTOMERS WANT

Cardio Gym was developed as a result of a growing need by consumers to find a space saving, total body workout and one that they can importantly enjoy. Bulky, boring and exercising limiting fitness equipment is too commonplace. Consumers are being driven away from fitness because of the monotony of exercise. This is not the case with Cardio Gym!

With well over **30 Independent exercises options**, combined with a quality recumbent bike, workout, variation and options are unparalleled. A workout that combines cardio and strength training simultaneously is the real deal when it comes to a **TOTAL BODY WORKOUT** and losing weight.



CARDIO GYM: The Workout

- Instead of doing 20 minutes cardio then 20 minutes strength training you are doing both saving you time.
- Cardio Gym shares the workload throughout your body you also save your muscles from fatiguing by over exerting them when you train for longer periods.
- Having back support and being in a comfortable position whilst exercising lowers your rate of perceived exertion keeping you there longer and avoids injury.
- Ongoing fees to personal trainers and gyms are massive. The routines and exercises for Cardio Gym have been written by some of the leading professionals in the industry and yours to keep for life!

THE FACTS:

Cardio and Strength training:

- **Time Saving** - A 20 minute Cardio Gym workout is equivalent to 40 minutes or more on other cardio equipment.
- **Target Heart Rate** and training zone reached faster than conventional fitness equipment
- **Improved toning** results through the combined training format
- **Fat burning** - Creating lean muscle helps increase metabolism (more p14)
- **Heart rate** - The benefits of getting more muscles working to get the heart rate up

CARDIO GYM APPLICATIONS

Your Cardio Gym® product is truly the most practical piece of fitness equipment in the world. It has been designed with everyone's needs in mind.

1) Cardio Gym® (cardio + strength workout)

2) Recumbent Bike (cardio workout)

3) Multifunction Home Gym (strength workout)

CARDIO GYM® RANGE

cardiogym.com

CG2000

QUALITY FITNESS ANYWHERE

CG3000

THE ULTIMATE HOME FITNESS PRODUCT

CG3500

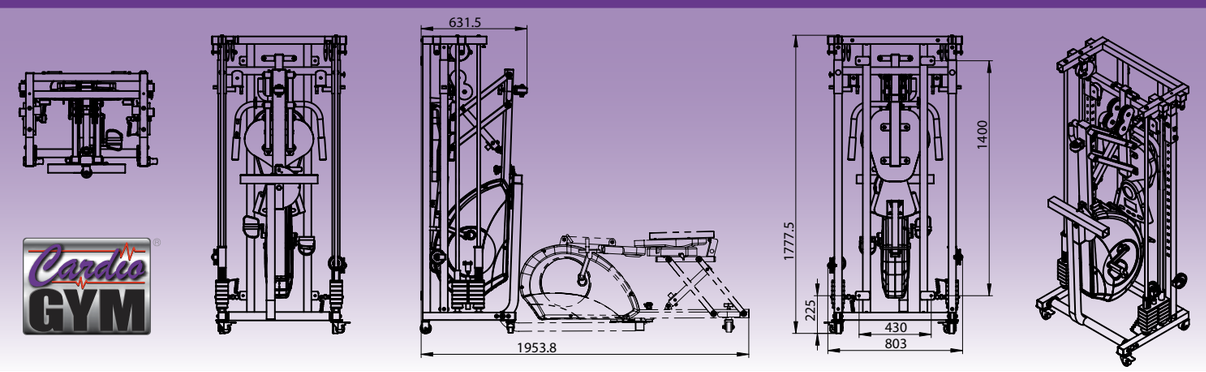
THE NEXT GENERATION OF HOME FITNESS

CG5000

HARD CORE FITNESS FOR THE GYM

CARDIO GYM® 2000

A DESIGNER'S DREAM THE PERFECT BUILT IN FITNESS PRODUCT



CG2000 non-cabinet design is perfectly suited for commercial applications or where space is a premium.

ADVANTAGES

SAVES SPACE, SAVES TIME, SAVES MONEY - CG2000 saves you spaces with its ergonomic design. Saves you time through efficiencies achieved through the unique training format of combining cardio and strength simultaneously. Saves you money through its built-in features including a quality recumbent bike for cardio and a multifunction home gym for strength.

WORLD'S BEST FAT BURNER – Cardio Gym burns 393 calories per 20 min session. At this level, Cardio Gym rates the highest major exercise for fat burning in the world. Visit www.cardiogym.com for details.

TOTAL BODY WORKOUT – Many claim a total body workout, but nothing truly compares to the simultaneous cardio and strength workout. It is the most complete total body workout on the market.

PERFECT ANYWHERE – The CG2000 can fit comfortably inside any built-in wall cabinet, a free standing cabinet or simply mounted on a wall. The CG2000 is perfect for gymnasiums, small personal training studios, or where ever space is at a premium.

FEATURES

- 12 programmable, recumbent bike (including 2 heart rate controlled prog.)
- Fold away design
- Stylish, compact and wall mountable
- Bi-lateral weights pulley system (30lb x 2)
- Height adjustable pulley system – changing angle of exercises
- Heart rate chest strap (bike compatible)
- Adjustable handles (2 x handle grip, 1 x bar, 1 x leg strap)
- Turning bike feature - allows to switch from pulling to pushing exercises
- Exercise pack (training DVD, exercise wall chart, detailed instruction manual)
- Light commercial: Hotel Gyms, Private Sector Gyms, Hotel Rooms, Hospitals, Rehabilitation Clinics, Physiotherapy Studios, Aged Care Facilities, Recreational Clubs. CG2000 is the ultimate light commercial model that adapts to any space conscious fitness facility.

APPLICATIONS

- Cardio Gym can be used as a quality recumbent bike on its own
- Cardio Gym is also a multifunction weights system on its own
- Cardio Gym is the ultimate Total Body Workout. Combines Cardio & Weights

PRACTICAL

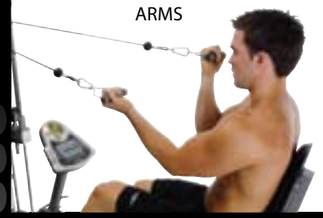
CONVENIENT

WORKOUT

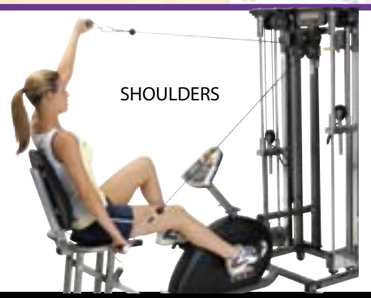
CG2000

EXERCISES

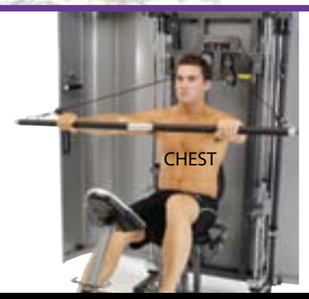
ARMS



SHOULDERS



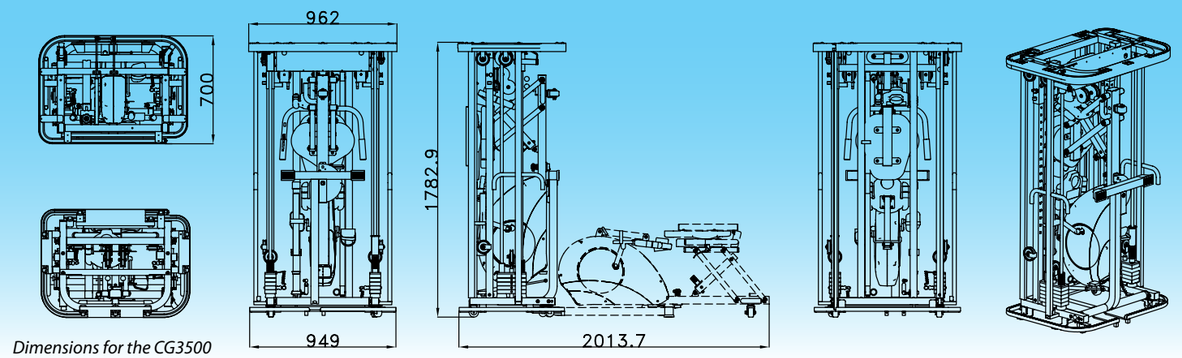
CHEST



BACK

CARDIO GYM 3500

SPACE SAVING DESIGN



Dimensions for the CG3500

THE PERFECT WORKOUT

SPACE SAVING

TIME SAVING

VARIATION

ADVANTAGES

THE PERFECT WORKOUT – Cardio Gym delivers on all over body workout. You don't have to spend hours on different pieces of equipment.

VARIATION – Unlike other one dimensional fitness equipment, you will never get bored using the Cardio Gym. The unique workout allows the user to isolate different body parts like my arms, back, shoulders, stomach along with a simultaneous lower body workout.

SPACE SAVING – Cardio Gym folds away. People need their equipment to fold away with kids running around the house or simply don't have space in my house. Cardio Gym can be moved and stored easily.

TIME SAVING – People are so busy these days with work, family and social life and don't have much spare time for fitness. Cardio Gym will maximize my workout results in half the time and give me a complete body workout.

PRODUCT FEATURES

- 12 programmable, recumbent bike (including 2 heart rate controlled programs)
- Fold away design
- New roller shutter style cabinet
- New space saving design
- Bi-lateral weights pulley system - (30lb x 2)
- **Height adjustable pulley system** (changing angle of exercises)
- Heart rate chest strap - (Bike compatible)
- **Adjustable handles** (2 x handle grips, 1 x bar, 1 x leg strap)
- **Turning bike feature**
- Allows to switch from pulling to pushing exercises
- **Exercise Pack** (Training DVD, exercise wall chart, detailed Instruction Manual)

APPLICATIONS

- Cardio Gym can be used as a quality recumbent bike on its own
- Cardio Gym is also a multifunction weights system on its own
- Cardio Gym is the ultimate Total Body Workout. Combines Cardio & Weights

Cardio GYM®

WORLDWIDE PATENT

The ultimate workout for losing weight and toning muscles

CARDIO GYM® 3000 – stylish cabinet design

Stylish Cabinet

Easy Set Up

Total Body

CARDIO GYM 3000 DIMENSIONS

Width closed	Height closed	Diameter closed
810mm	610mm	1780mm
31.9in	70.1in	24in
Width open	**Height open**	**Diameter open**
2100mm	1780mm	2000mm
82.68in	70.1in	78.74in

CARDIO GYM® 5000

COMMERCIAL FITNESS WITH SPACE SAVING CONVENIENCE

HEAVY DUTY

HARD CORE

WORLD'S BEST FAT BURNER

TIME SAVING

Cardio GYM®

PATENT WORLDWIDE

The worlds most complete commercial fitness product

Kayak Rowing

Chest Press

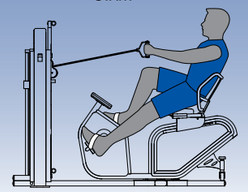
Shoulder Hi-Lo

Back Extension

Exercise diversity. From a back to a chest workout and everything in between.

BACK EXTENSION

START



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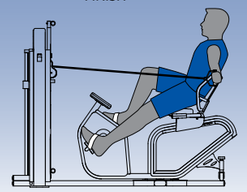
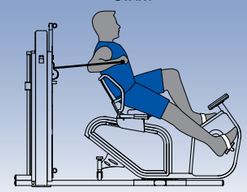


CHEST PRESS

START



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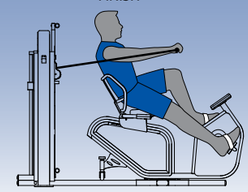


ADVANTAGES

HEAVY DUTY - The CG5000 features a heavy duty frame perfect for busy commercial environments.

HARD CORE – the 50kg x 2 weight stacks, the unlimited exercise variations and quality recumbent bike means the CG5000 will more than challenge the best athletes and fitness enthusiasts.

WORLDS BEST FAT BURNER – independent studies has shown that Cardio Gym at 393 calories per 20 minute session burnt was the highest amongst all other well known fitness equipment. It is easier to reach and maintain target heart rate zone than all others equipment and exercises.

TIME SAVING – People are so busy these days with work, family and social life and don't have much spare time for fitness. Cardio Gym will maximize my workout results in half the time and give me a complete body workout.

Back Extension

Arm Curls

Chest

Shoulder Hi/Lo

PRODUCT FEATURES

- 12 programmable, recumbent bike (including 2 heart rate controlled programs)
- Self generated power bike
- Stylish, compact and heavy duty design
- Bi-lateral weights pulley system (50kgs x 2)
- Personal Trainer (electronic)
- Set exercises, total time, interval time, repetition count
- Height adjustable pulley system (changing angle of exercises)
- Heart rate chest strap - (Bike compatible)
- Adjustable handles (2 x handle grips, 1 x bar, 1 x leg strap)
- Turning bike feature
- Allows to switch from pulling to pushing exercises
- Exercise instruction
- Featured front panel of unit
- Exercise Pack (Training DVD, exercise wall chart, detailed Instruction Manual)

APPLICATIONS

- Cardio Gym can be used as a quality recumbent bike on its own
- Cardio Gym is also a multifunction weights system on its own
- Cardio Gym is the ultimate Total Body Workout. Combines Cardio & Weights

KEY WORKOUT EXERCISES

Cardio Gym is the world's most complete total body workout.

Cardio Gym uniquely achieves all the benefits of a cardio workout but offers excellent strength and toning benefits through the bilateral weight system. Well over 40 exercise combinations can be performed on the Cardio Gym giving a genuine total body workout. By the nature of Cardio Gym's unique training format, which sees simultaneous Cardio & Strength training, fitness goals will be achieved quicker and more efficiently.

CARDIO WORKOUT SIMULTANEOUSLY WITH ANY EXERCISE BELOW

SHOULDER PRESS

TRICEP PRESS

CHEST PRESS

KAYAK ROW

SHOULDER RAISES

BACK EXTENSION

TRICEP KICKBACKS

ARM CURLS

SEATED ROW

CHEST FLY

SHOULDER HI/LO

AB CRUNCHES

HOME GYM EXERCISES

The multi function weights system performs very similar to any stand alone pulley system. Simply adjust the bike to a suitable position, and utilize the height adjustable pulleys for all your strength and toning requirements.

The pulley system provides the basis for an endless array of resistance training exercises.

The supplied leg strap is the perfect accessory for those important leg toning exercises (Inner and outer thigh, calves, hamstrings)

The Cardio Gym also allows the user to work a variety of abdominal crunches via the weight system.

One Arm Chest Fly

Single Arm Cable Row

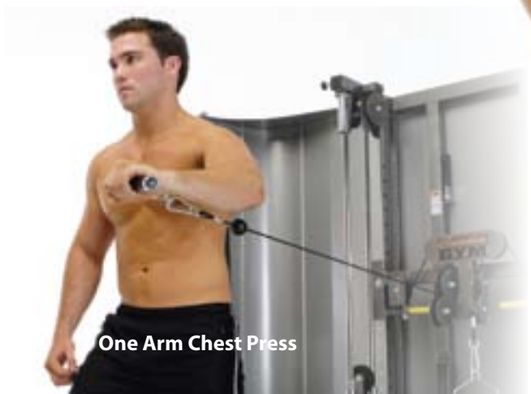
Bicep Curls

Straight Leg Raises

Tricep Kickback

Standing Leg Extension

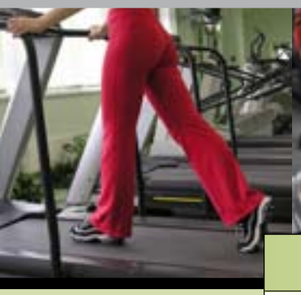
Single Arm Shoulder Lift

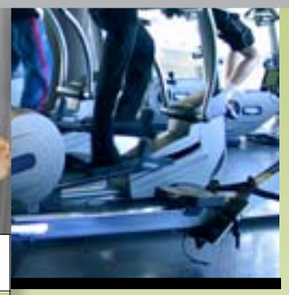


One Arm Chest Press

One Arm Back Rotation

FITNESS EQUIPMENT COMPARISON





1. Total Body Workout
2. Exercise Variation
3. Space Saving
4. Time Saving
5. Fat Burning Results
6. Lean Muscle Building / Improved Metabolism
7. Long Term Training Motivation
8. Maintenance / Service
9. Safety / Injury
10. Noise Levels dB

WORLD'S BEST FAT BURNER

Exercise	Calories Burnt (20 minute session)
Cardio Gym (low impact)	**393**
Swimming	387
Running	317
Walking	282
Cycling (vigorous)	282
Elliptical Trainer	253
Aerobics (High Impact)	246
Rowing	246
Weight Lifting (vigorous, free weight)	211

Calories burnt during different exercises (based on a 80kg person)

Cardio Gym is a breakthrough in fitness training and has been scientifically researched and proven to ensure the user maximizes their results. The unique training format of combining cardio and strength training simultaneously is integral in reaching target heart rate zones more efficiently than other fitness equipment. Thus resulting in Cardio Gym burning more calories and fat than other forms of exercise as compared under the same test conditions.

THE 10 POINT TEST

A. Rowing Machine
B. Elliptical Trainer
C. Exercise Bike
D. Treadmill
E. Cardio Gym

	A Score	B Score	C Score	D Score	E Score	
1. Total Body Workout	6 / 10	6 / 10	4 / 10	4 / 10	10 / 10	Cardio Gym's unique training format which combines Cardio & Strength Training. All muscle groups of the body can be isolated and used. Others are essentially lower body workouts.
2. Exercise Variation	4 / 10	5 / 10	3 / 10	5 / 10	10 / 10	Commonly Cardio equipment has limited exercise variation. Cardio Gym easily scored the highest with over 40 different exercise options. The convenience and ease in switching between these exercises enhanced this position further.
3. Space Saving	4 / 10	4 / 10	7 / 10	5 / 10	10 / 10	Most equipment is cumbersome and bulky. Cardio Gym's ergonomic fold away design and transportable cabinet proved to be the decisivein evaluating equipment on Space Saving and Practicality.
4. Time Saving	6 / 10	5 / 10	3 / 10	4 / 10	10 / 10	Simultaneously combining cardio & strength training, Cardio Gym scores highest with quicker and more efficient workouts. All other Cardio products have limited or no strength training combined.
5. Fat Burning Results	4 / 10	5 / 10	6 / 10	8 / 10	10 / 10	393 calories per 20 minute session burnt was the highest score. Easier to reach and maintain target heart rate zone than all others. The scores highlighted reflect the fat burning results of each of the equipment.
6. Lean Muscle Building /Improved Metabolism	6 / 10	5 / 10	4 / 10	4 / 10	9 / 10	The best lean muscle results come from resistance and strength training. These lean muscles further improve the bodies metabolism and then fat burning ability. Again, Cardio Gym's combination of weights with cardio training, is clearly the best performer for this.
7. Long Term Training Motivation	3 / 10	5 / 10	3 / 10	6 / 10	9 / 10	Studies show variety is the key to long term training motivation. Repititive exercise actions score poorly. As too does poor results orientated equipment. High in exercise variation and fitness results are the best for for long term training motivation.
8. Maintenance / Service	7 / 10	6 / 10	9 / 10	3 / 10	9 / 10	The less moving part means less wear and tear. Resulting in less breakdowns and maintenance. Motorised equipment are more susceptible to failure. Exercise bikes and Cardio Gym both scored highly in this area.
9. Safety / Injury	4 / 10	9 / 10	9 / 10	4 / 10	9 / 10	Studies have shown fitness enthusiasts are highly concerned about injurying themselves and their safety when training. High impact exercises put great pressure on the joints and bones leading to a higher likelihood of long term injury. Exercise bikes, Elliptical Trainer and Cardio Gym all scroed highly with their low impact training format.
10. Noise levels dB	3 / 10	10 / 10	10 / 10	4 / 10	10 / 10	Especially when training at home, consumers are concerned about the noise output of their equipment. Again, motors obviously output high noise levels. Cardio Gym, Ellipitical and Exercise bikes output the lowest levels of noise during the workout.
11. Overall Score	4.5 / 10	5 / 10	5 / 10	5.5 / 10	9.5 / 10	Cardio Gym cleary sets the bench mark on all facets important to a customer when buying a piece of fitness equipment. It saves time, saves space and saves money. It clearly sets the standard on all major customer criteria.

cardiogym.com

CARDIO GYM PRODUCT OVERVIEW

1. Pulley System
2. 2.5lb Weight Increments
3. Handle Grips
4. Kayak Bar
5. Bike Monitor
6. Height Adjustable Seat
7. Turning Bike Pedal
8. Recumbent Bike
9. Wheels (lockable)
10. Weights Stack
11. Height Adjustable Pulley System
12. Door(s)

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CARDIO GYM